

# Country Fried Steak

Meal Components: Meat / Meat Alternate

Main Dishes, D-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cup	1. Combine flour, salt, and pepper.
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Dehydrated onions	2 ¾ oz	1 ½ cups	5 ¼ oz	2 ½ cups	2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
Raw ground beef (no more than 20% fat)	9 lb		18 lb		
					3. Place 4 lb 13 oz (2 qt 1 cup) ground beef mixture into each sheet pan (18" x 26" x 1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.

**6.** Bake: Conventional oven: 375° F for 15 minutes. Convection oven: 300° F for 10 minutes.

**7.** Transfer steaks, browned side up, into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Trans fat-free margarine	4 oz	1/2 cup	8 oz	1 cup	<b>8.</b> For brown gravy: Melt margarine in stock pot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
Enriched all-purpose flour	5 oz	1 cup 3 Tbsp	10 oz	1 3/4 cups 2 Tbsp	
Beef stock, non-MSG, hot		2 qt 1/2 cup		1 gal 1 cup	<b>9.</b> Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.
Onion powder		2 tsp		1 Tbsp 1 tsp	<b>10.</b> Pour gravy over steaks, approximately 2 qt per pan. Cover pans.
Ground black or white pepper		¼ tsp		½ tsp	<b>11.</b> Bake: Conventional oven: 375° F for 15 minutes. Convection oven: 300° F for 10 minutes. CCP: Heat to 155° For higher for at least 15 seconds.  <b>12.</b> Serve 1 steak with gravy or on a roll. CCP: Hold for hot service at 135° F or higher.

Serving	Yield	Volume
1 portion provides 2 oz equivalent meat.	<b>50 Servings:</b> about 11 lb 1 oz	<b>50 Servings:</b> 1 steamtable pan
	<b>100 Servings:</b> about 22 lb 2 oz	<b>100 Servings:</b> 2 steamtable pans

Nutrients Per Serving					
Calories	216	Saturated Fat	5 g	Iron	2 mg
Protein	17 g	Cholesterol	54 mg	Calcium	25 mg
Carbohydrate	7 g	Vitamin A	85 IU	Sodium	239 mg
Total Fat	13 g	Vitamin C	1 mg	Dietary Fiber	